

 GARRISON PHYSICAL TRAINING CONTACT LIST: Manager, Fitness & Sports x8731 Fitness Coordinator x8737 Fitness Office x8747					
JULY 2025					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
Garrison PT 0730-0815	GSC Strength HMS	CANADA DAY	GSC Strength HMS	GSC Conditioning HMS	
				Progressive Conditioning FH 7	
	**FORCEFit Cardio Corner		**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner
Week 2	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
		Progressive Conditioning FH 7		Progressive Conditioning FH 7	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner
Week 3	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
		Progressive Conditioning FH 4		Progressive Conditioning FH 4	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner
Week 4	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
		Progressive Conditioning FH 7		Progressive Conditioning FH 7	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner
Week 5	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
		Progressive Conditioning FH 7		Progressive Conditioning FH 7	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner

ALL CLASSES ARE DROP-IN BASED. NO REGISTRATION REQUIRED!

****FORCEFit - Requires advance registration. Please contact William "West" Rockbrune or Janice Keown for info**
rockbrune.william@cfmws.com or keown.janice@cfmws.com